**[Baked Spaghetti Squash and Cheese](http://www.skinnytaste.com/2013/01/baked-spaghetti-squash-and-cheese.html)**

**Baked Spaghetti Squash and Cheese***Skinnytaste.com*   
**Servings:** 7  **• Serving Size:** 1 cup **• Old Points:** 4 pts **• Points+:** 5 pts  
**Calories:** 165 **• Fat:** 8 g **• Protein:** 10 g **• Carb:** 16 g **• Fiber:** 2 g **• Sugar:** 6.5 g **Sodium:** 278.5 mg (without salt)  
  
Ingredients:

* 5 1/2 cups cooked spaghetti squash (from about 2 small)
* 1 tbsp butter
* 1 tbsp olive oil
* 1/4 cup minced onion
* 1/4 cup flour (use 2 tbsp corn starch for gf)
* 2 cups skim milk
* 1 cup fat free chicken broth (vegetable broth for vegetarian)
* 8 oz Sargento 2% reduced fat mild cheddar
* salt and pepper, to taste
* 4 cups (about 4 oz) baby spinach
* 1/8 cup grated parmesan

Directions:  
 **Preheat** the oven to 375ºF.  
  
**Cut** the squash in half lengthwise; **remove** and **discard** seeds. **Place** squash on a baking sheet. **Bake** until tender, about 1 hour. **Separate** the strands of squash with a fork and place in a medium bowl; **discard** shells. Maintain the oven temperature.

**Heat** butter and oil in a large saucepan over medium heat. **Add** onions and cook about 2 minutes. **Stir** in flour. **Reduce** heat to low and cook, stirring continually 3 - 4 minutes.  
  
**Add** milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; **season** with salt and pepper.

Once it becomes thick, **remove** from heat, **add** cheddar cheese and mix well until cheese is melted. **Adjust** salt and pepper to taste, add cooked spaghetti squash and baby spinach, **pour** into a baking dish and sprinkle parmesan cheese on top. **Bake** until bubbly and golden 25 to 30 minutes.  
  
Makes 7 cups.